



COLETTE BARON-REID'S  
PERSONAL MASTERY



# Remembering the Future

## - Homeplay

Journal Exercise - This is an imagination exercise. Have fun with it. Really let yourself go with it and see what you come up with. Be honest about what you desire for your life. Notice if you are willing to settle for less. (Um, **don't!**)

Fast forward 2 years from now. You have accomplished the life you desire in partnership with Spirit. In your journal:

1. Write out how you want to feel now that you are in this new place. Let the feelings take you to a new place in your body.
2. What would this new life look like?
3. Imagine what you'd be wearing (get specific)
4. Can you imagine a room you'd be in? What would it look like and how do you feel in it?
5. How does it feel to be inside of your body in this new reality?
6. How would you stand? How would you sit? How would you walk?
7. What would it smell like?
8. Create a day in your life of where you want to end up. Who would you be? Would you be and feel differently than now?
9. Write down the differences.

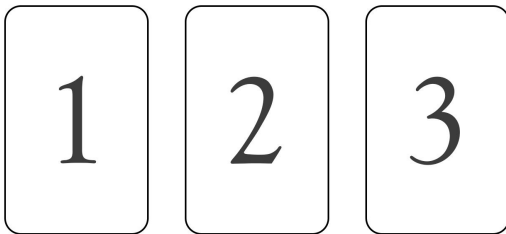
Now...

1. Do you feel worthy of this vision?
2. Where do you notice resistance?
3. What would you have needed to change to get there?
4. What would you have to release? (limiting beliefs, attitudes, expectations, behaviors)
5. What would you no longer tolerate?



Ask yourself:

- **How does my resistance show up for me?** *For some people it shows up as "I'm victimized by this. I'm angry at it. I'm afraid of it. I can't do this. I don't know how I got here so this will never happen for me." Or a combination of these.*
- **What do I need to release to be worthy, feel worthy, allow myself to be worthy, and choose worthy?**



Choose three cards to ask this question...

**What do I need to know in order to flow into this potential future?**

Card #1 Represents hidden influences (What don't I see, that I need to pay attention to?)

Card #2 Represents what supports me in making the necessary changes (What do I already have?)

Card #3 Represents what I can focus on to enable this transformation

Use the meditation, **Removing Blocks**, to help you connect to this new possible future self.